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Observance honors Asian-Pacific contributions
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Thursday, May 26, 2005

America's Warfighting Center

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3rd Brigade Soldier dies in accident

Staff report

Sgt. Kenneth J. Schall, 22, of Peoria, Ariz., died May 22 in Yusafiyah, Iraq, when the "Humvee" he was traveling in was involved in a motor vehicle accident. Schall was an armor crewman with Company A, 2nd Battalion, 70th Armor, 3rd Brigade, 1st Armored Division.



Sgt. Kenneth Schall

He enlisted in the Army in May 2003. Schall had been stationed at Fort Riley since November 2003. He served a three-month rotation in Iraq with 2nd Battalion, 70th Armor, and returned to Fort Riley in March 2004. He deployed with his unit for a second rotation in February 2005.

About 4,300 Fort Riley Soldiers are deployed to support Operation Iraqi Freedom. This incident brings the number of Fort Riley Soldiers who have died while serving in support of Operation Iraqi Freedom to 52.

Around The Army

Germany:

The European Stars and Stripes reported May 25 that business is so good at the new armed forces recreation center in southern Germany that it hurts.

Fresh off its inaugural season, the 330-room Edelweiss Lodge and Resort has proven so popular that staff and managers have scarcely had time to catch their breath since the hotel opened last September.

But the resort's runaway success has not been without side effects. Employees in several departments say the heavy workload has left morale "bad," "pretty low" and "dangerously low."

For more on this story and other U.S. military news in the European and Pacific theaters, visit www.esrpress.com on the Web.

Fort Myer:

The Pentagon reported May 20 that Sgt. 1st Class Jeff McAleer, a chemical NCO from the 23rd Aerial Support Group, Korea, was in second place May 18 before the end of the All-Army Chess Tournament. Final results had not been posted.

Eleven Soldiers vied to become the year's chess champion. The winner will compete against top players in the Navy, Air Force and Marines in an Intra-Service Chess Tournament June 5-10 at the community center.

The tournament drew competitors from across the Army — enlisted and officer and any military occupational specialty you could imagine.

For more on this story and other Fort Myer news, visit www.dcmilitary.com/army/pentagram/index.html.

Brigade helps dig up weapons

By Matthew Wester
100th MPAD

TAJI, Iraq — Digging in the Iraqi heat is hard work, but it can uncover great rewards.

Soldiers of the 5th Iraqi Army Battalion, advised by Soldiers of

4th Battalion, 1st Field Artillery, and 70th Engineer Battalion, 3rd Brigade, 1st Armored Division, found that out May 17.

They conducted a cordon and search operation on a farm in a rural area near Taji. The farm was known for containing weapons caches in the past.

The troops uncovered a variety of weapons and equipment hidden in the ground around the farm, including AK-47 rifles, 800 rounds of 20mm ammunition, a large box of circuit boards, flares, an artillery plotting table and a mortar sight and tripod, said Capt. William W. Earl, assistant opera-

tions officer for 4th Bn., 1st FA. A handful of American Soldiers helped to guide the two companies of Iraqi soldiers, who spent hours digging for weapons caches.

"We were mainly advisors," Earl said. "This is an Iraqi push." The Soldiers were successful in

finding a cache in one part of the site, which motivated them to dig even more.

"Once they found the first cache, they were like kids on Christmas morning," Earl said. "They were on it."

See Caches found, Page 2

Too real



Post/Blackmon

A 1st Bde. Soldier grabs an insurgent to take him to a detainment area May 19 as part of the Brigade's attack lanes training during Operation Maverick.

Soldiers 'fight' through 'attack lane'

By April Blackmon
Staff writer

Soldiers of the 1st Brigade, 1st Infantry Division, practiced working as one element during two weeks of training nicknamed "Operation Maverick."

"The entire brigade is in the field right now," said Maj. Tom Traczyk, operations officer for 1st Battalion, 16th Infantry. "This is our first opportunity to work together as a brigade combat team."

"It's really a team effort between the infantry, the armor mechanized/motorized forces and the engineers that are in support of them," said Maj. Dave Indermuhle, operations officer for 1st Bn., 34th Armor.

The main part of the operation involved Soldiers going through a series of four lanes — an attack lane, fixed-site security, cordon and search lane and area reconnaissance lane. The Iraq-like scenarios were designed to help the brigade Soldiers prepare for their upcoming deployment.

"Basically it's a training field exercise

Inside:

See story and photos about the combined unit exercise on page 7.

where the whole brigade trains as if we were in Iraq," said Spc. Tamika Thompson, Headquarters and Headquarters Company, 1st Bde. "It's basically essential to everybody because everybody needs to know what's going."

Animal service helping in tests

Dead birds used to locate West Nile Virus

By Mike Heronemus
Editor

Public concern about West Nile Virus seems to have waned since its peak in 2002 and 2003, said Fort Riley Veterinarian Capt. "Casey" Hackett.

However, the National Wildlife Health Center still conducts bird testing to determine the presence of the virus in various regions known to have been affected, she said.

The post's veterinary service staff will work with NWHC by providing dead birds found on post for their testing, she said.

Mosquito bites can transmit the West Nile Virus from animals to humans, Hackett reminded, so knowing whether the virus is present in the region can be important to know.

West Nile Virus has spread to all continental United States, seven Canadian provinces, Mexico and several Caribbean regions, according to information provided by NWHC.

Although the amount of West Nile Virus activity in any one area is difficult to predict, information provided by NWHC indicates West Nile Virus will re-emerge and circulate in most regions each year.

The deaths of crows and similar birds are reported most frequently to the NWHC, but the center advises that West Nile Virus has been detected in a variety of dead birds. More than 290 species were reported to have West Nile Virus by the end of 2004.

Hackett said residents or workers on post who find dead birds

See West Nile, Page 2

Unit honors 51st post Soldier killed in Iraq

By Kevin Bromley
3rd Brigade 1st AD PAO

TAJI, Iraq —The 3rd Brigade, 1st Armored Division, "Thunderbolt" battalion recently mourned the loss of Pfc. Wyatt D. Eisenhower, a Pinkneyville, Ill., native.

Eisenhower, a scout for 2nd Battalion, 70th Armor, died May 19 as a result of an improvised explosive device attack while his unit conducted convoy security operations in Mahmudiyah, Iraq.

"He gave his life for higher purpose, to serve his country and help the Iraqi people pave the way for a brighter future," said Col.

David Bishop, 3rd Bde. commander.

Eisenhower did not fit the mold of the regular Soldier: He left a successful civilian venture to answer a higher personal calling.

"He was self-retired ... he joined the military to be part of something larger than himself," said Sgt. 1st Class Matthew Mayo.

The Soldiers of 2nd Bn., 70th Armor, have lost an integral part of their unit and lives, he said.

"With less than 11 months in the Army, he was one of the most technically proficient scouts in the platoon. He digested technical

manuals like no other," Mayo said.

Although the 26-year-old lived the rough and tumble life of a scout in a combat unit, he was capable of great compassion.

"He could be counted on by all of his peers and would give them the shirt off of his back," Mayo said. "He was a true patriot, serving his country when others in his position could not or would not."

This incident brought the number of Fort Riley Soldiers who had died in Iraq to 51. A motor vehicle accident resulted in the death of another Soldier May 22, the 52nd to die in Iraq.

Pfc. Wyatt Eisenhower

Pfc. Wyatt Eisenhower enlisted in the Army in June 2004. He had been stationed at Fort Riley since October 2004. He deployed with his unit in February 2005 for his first rotation to Iraq. Eisenhower is survived by his father and mother.





Caches found continued from page 1



The senior U.S. officer on the mission, Maj. Russell K. Sears, 70th Eng. Bn. executive officer, described the Iraqi Soldiers as prepared and professional.

Sears helped advise the Iraqi officers during the operation, building the partnership the 3rd Bde. has established with the Iraqi Army.

"We developed the target; Iraqi officers planned and executed," he said.

Earl described a growing collaboration with the Iraqi officers and a productive relationship.

That relationship also extended to providing equipment the 5th Bn., known as the "Lion" battalion, needed to get the job done.

The Iraqi officers saw the search area contained pools of water, so they took the initiative to ask for grappling hooks to dredge the pools for hidden weapons, Sears said.

More 70th Eng. Bn. Soldiers arrived with the needed equipment.

The thoroughness, motivation and productivity of the Iraqi Army troops impressed their American advisors, who pitched in to help dig in the sweltering afternoon heat.

"This just shows the level of competence these guys have," Earl said. "They are a true product of what we are trying to do out here."

3rd Bde./Earl

Soldiers of the Iraqi Army's 5th Bn. find a mortar tripod as Maj. Russell Sears, 70th Eng. Bn. executive officer, watches during the cordon and search of a rural area near Taji, Iraq on May 17.



3rd Bde./Earl

A member of the Iraqi Army's 5th Bn. inspects a flare gun and AK-47 rifle found during the cordon and search of a rural area near Taji, Iraq on May 17.

"They left no stone unturned," Sears said.

As the 5th Bn. moves toward assuming more responsibility for securing their area, 3rd Bde. Soldiers will continue to help guide them in the right direction.

"I hope I get to work with the 5th Bn. again," Sears said. "The unit is ready to take responsibility for securing their sector of Iraq." The mission was part of an

ongoing transition to more combined Iraqi Army and U.S. Army missions, with Americans in a supporting role and Iraqis stepping up to fight the insurgents in their area.

"The biggest success was this was an Iraqi operation, and they ran it well," Sears said.

"This kind of operation will continue out there," Earl said. "We love working with them."

West Nile

continued from page 1

can bring them to the veterinary clinic, Building 226, for shipment to the NWHC. Dead birds must have been dead for no more than 48 hours and must not show any signs of scavenging or decomposition.

Hackett said anyone finding a dead bird should use rubber gloves to handle it or turn a plastic bag inside out to pick up the dead bird. After picking up the carcass, the bag can be turned right side out so that the bird remains sealed inside.

If the dead bird cannot be brought to the clinic immediately, the carcass should be kept cool until it can be delivered.

Veterinary clinic staff can help with recovering the carcass, Hackett said, but only if the person calling in the report can meet a member of the staff at a designated location at a specified time so staff members don't waste a lot of time hunting for the carcass.

"We prefer them to bring the dead bird to us," Hackett said. "It saves a lot of time."

When reporting a dead bird, it is also important to let the veterinary staff know if the bird exhibited any unusual behavior before it died or if other birds are behaving unusually, Hackett added.

For more information about reporting dead birds at Fort Riley, call 239-2732 or 239-3886.

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Post/Baker
Maj. Gen. Dennis Hardy, commanding general, 24th Inf. Div. (Mech) and Fort Riley, offers thanks and good wishes to retiring Col. "Buck" Connor, assistant division commander for maneuver, as Connor's wife, Janice, looks on May 24.

Assistant division commander closes 24-year Army career

By Jay Baker

Public affairs intern

Col. Arthur "Buck" Connor Jr., outgoing assistant division commander for maneuver, 24th Infantry Division (Mech), thanked his wife, Janice, for "her support and for letting me play Army for so many years."

The thanks came as part of his speech at a retirement ceremony in Hangar 817 at Fort Riley May 24, honoring Connor.

"I've been very blessed," Connor said. "It's an honor to be a small part of it."

Connor spent 24 years on active duty. He lead the 1st Brigade to Iraq when it deployed from September 2003 to September 2004.

"For those nearly 13 months in combat in Iraq, I came to realize all those years in the Army were designed to prepare me to lead those Soldiers at that particular time. I'm very proud of what they accomplished," he said.

Connor received a Legion of Merit during the ceremony and a folded American flag. His wife received a Department of the Army Outstanding Civilian Service Award for her public service and volunteer work in the Fort Riley community. Maj. Gen. Dennis Hardy, commanding general of the 24th Inf. Div. (Mech) and Fort Riley, presented the medals.

The Connors plan to live in St. Louis, Mo.



Post/Baker
Col. "Buck" Connor, retiring assistant division commander for maneuver, 24th Inf. Div. (Mech), accepts a symbolic expended artillery round from a member of "Hamilton's Own" "Old Thunder" half section, 1st Bn., 5th FA, during his retirement ceremony May 24 at Fort Riley.

Exercise embeds KSU journalists

By Katie Copeland

Kansas State University

MANHATTAN — A group of Kansas State University journalism students transformed themselves into embedded reporters as they worked beside military officers in the midst of attack.

The students were participating in a simulated battle exercise at the U.S. Army Command and General Staff College at Fort Leavenworth, Kan.

"It was kind of a dual role," said Jeffrey Pitts, Wichita junior. "We were there to give them an idea of what it is like to deal with the media, but we were also there to give ourselves experience in that sort of journalism."

For three days, April 4-7, the students lived in Army barracks and worked with military personnel as they battled the rebel insurgents threatening to attack.

"Our students played the role of American reporters who were embedded in the various U.S. military units," said Fred Brock, assistant professor of mass com-

munications.

The students, who volunteered to take part in the experience, were each assigned to a separate military unit and were responsible for writing a story about what happened during the day.

After spending the majority of the day in the command center with the military, the students would return to the Joint Information Bureau to file their stories. Brock would then read and critique each story before the students were given the opportunity to share the stories with the military students and faculty of the U.S. Army Command and General Staff College.

"This experience was extremely valuable for both our students here at Fort Leavenworth and the K-State students as well," said Maj. Shawn Stroud, public affairs officer and media relations instructor at the Command and General Staff College.

"We are looking forward to working together with K-State in future exercises and other educational opportunities," he said.

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Post news in brief

Unit command ready to change

The 101st Forward Support Battalion, 1st Brigade, 1st Infantry Division, will change commanders during a ceremony at 9 a.m. June 9 at Cavalry Parade Field.

Lt Col. Chris McCurry will assume command from Lt. Col. Jimmie Mister Jr.

The public is invited and a reception will take place on Cavalry Parade Field following the ceremony.

In the event of inclement weather, the ceremony will move to Craig Gym.

Correspondent to speak

Knight Ridder Newspaper Senior Military Correspondent Joe Galloway will appear at the Eisenhower Center in Abilene May 27. He will be the guest speaker at a conference on "Reporting the Wars: From WWII Pigeons to Embedded Journalists."

For more information, call (785) 263-6700 or (877) RING IKE.

Environmental Division, DPW staff slates training

Holiday alters trash pick-up

The Memorial Day holiday will create a change in trash collection on post May 30 through June 3. The schedule is:

May 30 — No pick up, Memorial Day holiday.

May 31 — Colyer Manor, Main Post, Marshall Field, dumpster at Building 621.

June 1 — Ellis Heights, O'Donnell Heights, Peterson Heights north of Thomas Avenue and dumpsters at Buildings 28, 45, 471, 540, 541, 5309.

June 2 — Warner Heights, Burnside Heights and dumpster at Building 621. (No change from regular schedule.)

June 3 — Meade Heights, McClellan Heights, O'Donnell Heights, South Warner Heights, Peterson Heights south of Thomas Avenue and dumpster at Building 5309. (No change from regular schedule.)

For more information, call Paul Cassella at the Contract Inspection Branch, Directorate of Public Works, 239-6274.

Post graduation set June 9

The combined graduation ceremony at Fort Riley will be 1 p.m. June 9 at King Field House.

Fort Riley military personnel, family members and civilian personnel who are graduates of local college or SOCAD college programs are invited to participate in the post-wide graduation ceremony.

For more information about participation, call 239-6481.

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Cases of all sorts of ammunition await distribution at the Fort Riley Ammunition Supply Point. Fort Riley has been using more small arms ammunition since the Global War on Terrorism began, because that is the type weapon used most, one ammo point official remarked.

Post/Blackmon



Safety, accounting take top 'billing'

By April Blackmon
Staff writer

Safety is a vital part of the Ammunition Supply Point's mission, and it begins where the ammunition is made and shipped from - the ammunition depots.

"The depots that manufacture the ammunition have research and development. The containers the ammunition gets shipped in are tested countless hours. The tests go way above and beyond day-to-day loading and unloading off the back of a truck. So when we receive that ammo from the depots ... we feel reasonably safe that nothing's wrong with it," said Scott Cook, contract supervisor.

But post contractors don't rest just because they "feel safe." Trained personnel do initial inspections on the cargo to make sure nothing has been damaged en route, Cook said. The ammunition is then unloaded and stored in bunkers.

Safety assurance continues when items are issued to units. ASP staff members inspect vehicles to make sure they're safe for transporting the ammunition. If even a blinker isn't working, the unit is not allowed to pick up its ammunition in that vehicle, Cook said.

"We inspect all the units before they haul ammo. All vehicles are inspected for maintenance and safety before the ammo is loaded," Cook said.

Ammunition not used is brought back to the supply point where it undergoes yet another inspection to assure quality and safety standards are

still met.

"If Soldiers bring ammo back, we have a system to inspect it ... It's segregated from the other ammo. There's a multitude of checks and balances we go through ... before it's repacked in original container figuration as best as we can get it and put back in storage," Cook said.

Each bullet is accounted for, Valdemar said. Every three months, the ASP closes for three days and conducts a 100-percent inventory. If even one bullet is unaccounted for, the DOL director launches an investigation. But that hasn't been a real issue for ASP staff, Valdemar said.

"We take a lot of pride in our inventory and accountability," Cook said.

On occasion, the supply point will have a set of "bad ammunition," or ammunition that is unserviceable or won't fire. Small arms ammunition is the most frequent unserviceable item, Cook said.

"If there's a safety concern, we let EOD takes care of it. If it's bad ammo that can't be shot, we'll ship it back to the respective depot and we let them deal with it."

"If somebody has an accident out on the range and they base it on the ammunition, temporarily we suspend the whole lot ... and the message goes out to Joint Munitions Command and they check it out," Valdemar said. "We send it to get retested."

Most ammunition problems, however, are not quality-related issues, Cook said.

"The quality of the ammo is really high. Very seldom will there be bad ammo," he said.

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Ammo comes, goes

Supply point keeps Soldiers, units shooting

By April Blackmon
Staff writer

Fort Riley used nearly 4.5 million rounds of small arms ammunition in fiscal year 2004, according to figures from the Training Division of the Directorate of Plans, Training, Mobilization and Security.

While overall ammunition numbers are down because of deployments, usage of small arms ammunition is up, said ASP's Arnie Valdemar, accountable officer, and Scott Cook, contract supervisor.

"The training requirements and ammunition currently expended and used are different than what they would normally use in peacetime," Cook said. "Now, the focus is different. There are a lot of small arms ranges because that's the type of training they'll need over there. We're not expending as much artillery."

The war has also caused a change in staff requirements, Cook said. ASP staff members have been making more deliveries

to the ranges because many units are not capable of safely transporting the ammunition.

"In the past, ASP has never delivered to the ranges. But now, a lot of the mobilized units are smaller and don't have the assets, personnel or resources to come to the ASP and pick up their own stuff. For about the last 12 months, we have been delivering ammunition for the units that don't have the capabilities ... That can be a challenge," Cook said, adding that his staff was increased to accommodate the delivery demands.

While the war has affected staff and ammunition usage, it has not

really affected the available supply of ammunition, Valdemar said.

"When we first started (the war), we had to ship some of our stuff out of here," Valdemar said. "But now I don't have that much of a hard time getting things in."

Supplies have been plentiful, in part, because of a program implemented called Centralized Ammunition Management. If one post has extra ammunition, it delivers that to the post in need of that particular item.

"I just got a shipment from Fort Bragg (N.C.) because they had what I needed and didn't use it," Valdemar said.

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Commentary

Thursday, May 26, 2005

Fort Riley Post

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Riley Roundtable

This week's question:

What would you do to try to help someone you thought was suffering with post-Iraq combat stress or stress because their spouse was in Iraq?



"Just ask them how things are going. Help them find counseling. Talk to them about FRG (Family Readiness Group) meetings."

Jacqueline Blumenkamp
Civilian employee
Child Development Services
Home: Dwight, Kan.



"If they come back with those moral questions about what they did or what they saw ... (they) have to really dig deep down, to go back to Christ and to go back to the church."

Roland Fletcher
Vietnam veteran
Home: Salinas, Calif.



"Ask them up front if something is going on with them. Let them know you are personally interested in them. Talk to them. If I couldn't help, I'd refer them to the chaplain."

Sgt. 1st Class Michael Manning
Maintenance Platoon Sergeant
568th CSE
Home: St. Augustine, Fla.



"We tell wives during the reunion briefings that they're going to have to let them (Soldier spouses) talk about it ... if they want to."

Pearl Speer
Employee at Soldier and Family Support Center
Home: Junction City, Kan.



"You got to let them know you relate to them personally. You have to be there for them to vent on. You have to listen to them, but they need to learn in their own way to cope with it."

Sgt 1st Class Kenneth Volkart
Command Finance NCO
Rear Detachment, 1st Bn., 41st Inf.
Home: California, Mo.

Next week's question:

What could Junction City add as an attraction to interest you in spending more of your leisure or off-duty time there?

Opinions may be e-mailed to the editor at mike.heronemus@riley.army.mil or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper.

Commander's message

Celebrate, have fun, but do it safely

To many people, especially the nation's thousands of combat veterans, Memorial Day is an important reminder of those who died serving our great country. Cemeteries will be adorned with flags and flowers for fallen comrades in salute to their sacrifices. The living will stop to remember and pay honors.

Memorial Day also marks the beginning of the 101 days of summer and an increase in outdoor recreational activities and travel.

With these increases comes the potential for accidents and injuries. Last year, for example, four Fort Riley Soldiers needlessly

lost their lives in motor vehicle crashes – a trend that will be reversed in part by strict adherence to our post policies found at www.riley.army.mil/services/for/safety.asp – especially when operating a motorcycle or ATV.

As expected, alcohol per capita consumption during the summer months increases with 45 percent of the yearly alcohol fatalities occurring during this period.

Correspondingly, our accident rates in nearly every statistical category increase during the 101 days of summer.

Be on the lookout for conditions where alcohol consumption will lead to unnecessary risk tak-



Maj. Gen. Dennis Hardy

ing and avoid them. Be the friend that saves a life by eliminating motor vehicle operations of any type when alcohol has been consumed. Finally, be aware that summer weather can be deadly. Last year, Army communities suffered 11 fatalities due to heat related injuries – 526 heat strokes and 2,150 cases of heat exhaustion.

Water consumption is the remedy. Remember that alcohol, soda and coffee are diuretics and only magnify the effects of extreme heat.

As we celebrate Memorial Day, remember and honor the courageous men and women who sacrificed their lives for the ideals that make this country great.

Honor them by staying safe. Live to enjoy the liberties they fought so valiantly to preserve.

Maj. Gen. Dennis Hardy
Commanding General
24th Infantry Division
(Mech) and Fort Riley

Conserving our energy

Lighting improvements reduce costs

By Russ Goering
Chief, Energy Branch



Russ Goering

Energy costs are going up, but that's no news. Anyone can see that every time they put gas in their car. But gasoline is not the only energy source with rising costs. The cost of the natural gas used to heat buildings and provide hot water also has risen sharply. Electrical energy costs also are increasing.

That's why the Public Works Energy Office has been working hard to help reduce Fort Riley's energy costs. The mission of the Energy Office is to promote activities to help Fort Riley reach mandated energy reduction goals. While it's mission may seem counter to promoting quality of life, many office efforts are aimed at using energy more efficiently in order to maintain or improve the quality of life.

The recently completed project in the gymnasiums on the installation is a prime example of simultaneously promoting energy conservation and improving qual-

ity of life.

Gym patrons may have noticed that the lighting on the gym floors has improved recently. The new light fixtures provide almost 50 percent more light than the old fixtures while reducing energy consumption by 42 percent.

The new light fixtures use some of the latest improvements in fluorescent lighting technology that will result in installation savings of at least \$5,000 per year.

The savings could easily be much greater because the new light fixtures can be turned off when not needed. Facility personnel were not able to turn off the old lights because of the long restrike time. It took up to 15 minutes for the lights to come back on if they were turned off. In addition to the lighting

improvements in the gymnasiums, the Public Works Energy Office is accomplishing projects for similar lighting improvements in other administrative buildings.

While the Public Works Energy Office is working to reduce Fort Riley's energy costs, everyone is being asked to do their part to help.

...

First and most important, keep your thermostat set to keep the space temperature within the authorized range between 76 and 80 degrees Fahrenheit. Setting your thermostat lower wastes energy resources and dollars.

Second, keep windows closed even in the seemingly cooler periods in the morning and late evening. Although the air outside cools in the evening, the humidity in the air increases.

Opening the doors or windows allows the humidity to come inside and makes the air-conditioning system work harder to dry the air when the temperature

starts going back up. Most of the time, air-conditioning systems use more energy to remove humidity from the air than they use to cool the air.

Finally, if the air-conditioning system isn't working properly, report the problem promptly so the system can be repaired.

Residents can improve personal comfort and assist the air-conditioner by scheduling energy-intensive tasks for off-peak times. Do laundry in the morning or late evening to help the air-conditioner battle the heat and humidity produced by a washer and dryer. Avoid using the oven during the heat of the day. Run the dishwasher overnight instead of in the afternoon.

Turn off unneeded lights during the day. This saves the electricity used by the lights and the air-conditioner having to overcome the heat produced by the lights.

And don't forget, close the blinds on windows in unoccupied rooms, especially if they face the west, to keep out the afternoon sun.

Ethnic heritage

Asian-Pacific Americans contribute much

By Kevin Stuart
IACH Soldier-Medic

By presidential proclamation, Americans have officially commemorated Asian-Pacific American Heritage Month during the month of May every year since 1991. The national theme for this year's observance is "Liberty and Freedom for All."

Asian-Pacific Americans comprise many ethnic groups and cultures.

Each of these groups, regardless of size, are important in making essential contributions to the diversity of the United States. Their unique values and differences are part of what makes our country so great. Asian-Pacific Americans continue to contribute greatly to our nation.

Immigration to America by Asians and Pacific Islanders has been seen as an opportunity for a better life. Since the Immigration Act of 1965, America has benefited from a huge influx of "brainpower" from Asian-Pacific regions.

In India, for example, a sluggish economy and a lack of availability of higher education and domestic jobs for a well-trained labor force were factors in the immigration of skilled professionals to the United States.

Asian-Pacific Americans have quietly and effectively contributed immensely to American society. The contributions range from art to agriculture, from business to politics, and from science to military.

One of the many Asian-Pacific American military units that fought valiantly for the country was the 100th Infantry Battalion and 442nd Regimental Combat Team.

The 100th Infantry Battalion and 442nd Regimental Combat Team are among the most decorated units in military history. They were comprised mostly of Japanese Americans who distinguished themselves during World War II, fighting in seven major campaigns and receiving seven Presidential Unit Citations, 9,486 Purple Hearts and more than 18,000 individual decorations.



Command Sgt. Maj. Stuart

The 442nd Combat Team, as a unit, won 36 Army commendations, 87 division commendations and meritorious service plaques for the medical detachment and service company. Additional postwar honors included tributes from U.S. Army Chief of Staff Gen. George C. Marshall and British Prime Minister Winston Churchill and a presidential invitation to march down Pennsylvania Avenue in Washington, D.C., to attend a reception at the White House.

...

The future requires that all Americans, not just Asian-Pacific Americans, help build a diverse, technologically sophisticated and cosmopolitan society with concern for human values and principles.

However, in building this America, it will require trust, knowledge, understanding, all of which lead to wisdom as the tapestry of a modern America continues to flourish.

Equally important is the requirement for everyone to open up their individual and collective values and listen to the powerful voices of Asian-Pacific Americans and other minorities.

In our glorious history, Ameri-

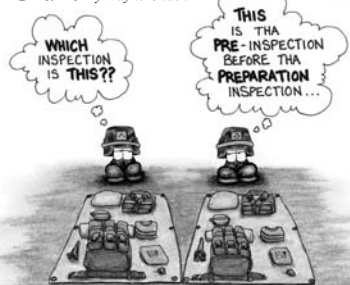
ca has truly spoken with a strong and eloquent collective voice. Asian-Pacific Americans hold some powerful ingredients to our nation's continued greatness and our ever evolving shared ideals.

The Asian-Pacific American voice must be heard to help freedom and prosperity reign. Eliminating barriers, while developing cultural, educational, economic and intellectual partnerships will certainly help our country as we

As we come to the end of Asian-Pacific American Heritage Month for 2005, I hope we remember the numerous contributions and achievements that Asian-Pacific Americans have made to our society and the impact in our world.

Let us learn to see one another simply as people and remember that the more we learn about each other, the more knowledge we gain about ourselves.

Grunt By Wayne Ulden



continue to grow and prosper.

FORT RILEY POST

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Post news in brief

Environmental classes set

The Environmental Division, Directorate of Public Works, has scheduled the following training courses during June:

Environmental Team Training: Environmental Team training certifies environmental team leaders and members in how to handle hazardous materials and waste handling and spill responses at the unit level.

Leaders and team members must attend this course within 60 days of appointment to their duties.

Class begins at 9 a.m. each day, June 6-7 and June 20-21, in Room 6 of Building 407. The course lasts two days.

Environmental Team Training Refresher: This course is an annual refresher to the Environmental Team training course.

Class starts at 9 a.m. June 14 in Room 6 of Building 407. The class lasts 2 1/2 hours.

Battery Hazard Awareness Training (Code Name Lithium): Code Name Lithium course is designed for key personnel who in their course of duty receive, store, issue and then transport lithium batteries for disposal.

This course includes training on the characteristics and hazards associated with the various types of lithium batteries used on Fort Riley.

This course also includes training on health, safety and personal protective equipment when handling lithium batteries.

Class starts at 10 a.m. every Wednesday of each month in Building 1930 at Camp Funston. This class lasts one hour.

For information or to enroll in a class, call 239-0446 or check with the battalion's schools noncommissioned officer

Unit to change commanders

The 1st Battalion, 16th Infantry, 1st Brigade, 1st Infantry Division, will change commanders during a ceremony June 8 at Cavalry Parade Field.

Lt. Col. Frank Zachar will assume command from Lt. Col. Thomas S. Hollis.

The public is invited and a reception will take place in Custer House following the ceremony.

In case of inclement weather, the ceremony will move to King Field House.

Motorcycle classes offered

The Installation Safety Office has scheduled Basic Rider Motorcycle Courses and Experienced Motorcycle Rider Courses for fiscal year 05.

The Basic Rider Course is scheduled on weekends from 8 a.m. to 5 p.m. each day of the course. The first day, students meet in Room 6 of Building 407.

The Experienced Rider's Course runs from 9 a.m. to 4:30 p.m. on scheduled Fridays.

Both Courses are open to active duty military and their family members, Department of the Army civilians, military retirees, and U.S. Army Reserve and National Guard members working on Fort Riley.

Scheduled dates for the Basic Rider Course are June 4-5, June 18-19, July 9-10, July 23-24, Aug. 13-14, Aug. 27-28, Sept. 17-18 and Oct. 1-2.

Scheduled dates for the Experienced Rider Course are June 3 and 17; July 8 and 22; Aug. 12 and 26; and Sept. 16 and 30.

For enrollment information, contact a unit schools noncommissioned officer or the Installation Safety Office at 239-2334.

Stress 'wounds' all who go to war

Panelists discuss combat's effect on vets, why it hits people differently

By Mike Heronemus

Editor

Combat stress exists because people have experienced combat, but Vietnam veterans don't fail in life just because they've been to war, contended Roland Fletcher, a Vietnam veteran who now lives in Salinas, Calif.

He is part of a local effort to bring Vietnam veterans back to the church.

Soldiers who go to war can count on two things, Fletcher said:

First, anyone who goes to war comes home with some kind of stress regardless of how prepared they think they are.

Second: They have to deal with death. They don't necessarily

have to kill somebody. "Somebody in their unit may die or they will be standing in line at the mess tent when somebody drives by with someone in a body bag on the way to the morgue," he said.

Everybody who goes to war will have to deal with those two situations, Fletcher insisted.

But, the veterans who are the most difficult cases treated at Veterans Administration centers are people who witnessed or who perceived they witnessed some kind of atrocity that they couldn't stop, Fletcher revealed.

Experts talk clinically about the stress that comes from being in a war zone, Fletcher said, but it's not just being in the war that creates post traumatic stress syndrome — combat stress — and an inability to cope with normal life.

A study revealed that Vietnam vets, percentage wise, are no different than their high school classmates, with their families, their social life, Fletcher pointed out.

Economic studies show that combat vets make more money than their high school classmates, "so we're not talking about those (veterans) who are able to handle it (combat stress). We're (asking) how did somebody fall out of it where they can't deal with the stress," Fletcher said.

Studies seemingly confirming that war veterans have more problems than their peers who didn't go to war are very likely slanted, Fletcher contended.

"In vet centers, they deal with the ones who have the problems, and academia see news about all the post-war atrocities vets commit, and they say, 'vets have got to have more problems.'" Such studies don't take a representative view of veterans as a group, he observed.

Retired Col. Bill Speer lost part of his right arm in Vietnam. After being allowed to stay on active duty in spite of being an amputee, Speer served as a medical services officer with several combat units.

"As an active duty officer, I turned my back on people who were suffering combat stress," Speer said. With his combat experiences and personal sacrifice, Speer said he couldn't feel any sympathy for Soldiers who complained. His outlook was simply, "Get over it. I did."

Taking a new look at the situation in recent years, Speer now sees the worst cases are those Soldiers who come back from combat after experiencing what one psychiatrist treating war veterans

About the series:

This is the second in a series of articles about the identification causes and treatment of combat stress. The first article appeared in the May 20 Post and dealt with perceptions of three panel members about what combat stress is.

The panel convened at Fort Riley April 28 and included a Vietnam veteran now working to bring Vietnam vets back to the church, a Vietnam veteran and amputee who remained on active duty and retired as a colonel and a former Red Cross military hospital director and employee at Fort Riley's Soldier and Family Support Center.

This article presents ideas about how combat stress can affect a person's life and factors that should be considered when dealing with someone suffering with combat stress.

has termed "the breaking of the Geneva Convention of the soul," Speer said.

In those cases, the Soldier felt they had broken some personal Geneva Convention standard. They had some moral standard they had seen broken and were helpless to stop it from happening, he said.

"I've found those who believe in an all-powerful being fall into a category of believing that everything is God's will, God's will be done and I am merely an instrument. I will do what I am called upon to do, and he will take care of me."

"Those individuals seem to come out the other end of a combat experience much better than

other individuals," Speer added. Moral convictions can, in themselves, create individual stress, in Fletcher's view. "When I grew up, the sixth commandment was the top. But now you're told by your government it's all right (to kill). It's a hell of a leap," Fletcher remarked.

"It takes a lot of support from a lot of people to leap into that and then leap out and say to yourself you're a good person and you don't have any problems."

Editor's note: The third and final article concerning combat stress will present the panel's ideas on how to prepare for combat and how to ease the stress that comes from combat.

Camera shopping



CAMP TAJI, Iraq — Pfc. Leslie Thomason, a fueler for Headquarters Company, 3rd Brigade, 1st Armored Division, from Austin, Texas, shops for a digital camera at the post Exchange.

100th MPAD/Wester

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1st Bde. Soldiers storm a house while an insurgent fires on them at the attack lane portion of Operation Maverick May 19.



1st Bde. Soldiers communicate via radio while taking cover in a house.



Above: A Soldier quickly removes his injured comrade from the hostile environment while another Soldier provides cover. The injured Soldier is taken to a safer area to be treated and medically evacuated.



Right: A Troop D, 4th Cav. "insurgent" tries to escape being detained, but is caught again by 1st Bde. Soldiers and returned to the detention area.

Operation Maverick

Brigade trains together

Story and photos by April Blackmon

Reports indicate hostile activity taking place in a small Iraqi village. Anti-Iraqi forces are in the village and are rumored to have ties to known terrorist Al Qaeda and terrorist group Al Qaeda. On May 19, Fort Riley Soldiers moved to raid the village and detain or eliminate the insurgency. However, the raid didn't take place in the grasslands of Kansas. Welcome to the attack lane of Operation Maverick.

"This lane trains the company commanders on the high-intensity end of the spectrum. They're dealing with ... a known insurgent stronghold or threat, and they're conducting a deliberate attack against that threat," said Maj. Tom Traczky, operations officer for 1st Battalion, 16th Infantry. The village attack lane was one of four lanes Soldiers of the 1st Brigade, 1st Infantry Division, executed during Operation Maverick.

The attack lane required a combination of mounted and dismounted forces. Soldiers from 1st Battalion, 34th Armor; 1st Engineer Battalion; and 1st Bn, 16th Inf., worked together to accomplish their mission.

"We're training our Soldiers in the type of operations and the type of skill sets they need once they deploy to Iraq and, just as importantly, they're training as a team. We've got Armor Soldiers that are

training and skill sets that they haven't had to train on before. In this example, we've got room clearing, building-clearing tasks that they are accomplishing. Additionally, they're working with Engineers, Infantry, Field Artillery - it's one team that's working together to accomplish a common set of goals," said Maj. Dave Indermuhle, operations officer for 1st Bn, 34th Armor. Soldiers arriving in M-113 Armored Personnel Carriers and "Humvees" stormed the houses and buildings of the village one by one, taking out any hostile force.

Insurgents were played by Soldiers of Troop D, 4th Cavalry. They hid in the houses and mosque, using everything from couch cushions to baby carriages for cover. As Soldiers entered the buildings, insurgents launched their attacks.

Blank rounds were used to add reality to the situation. Soldiers and insurgents wore Multiple Integrated Laser Engagement System, or MILES, gear. MILES includes a set of sensors worn on the head and torso and a laser transmitter that attaches to weapons. When a weapon is fired using blanks, the transmitter shoots a light beam that registers hits and kills via sensors on the

target. High-pitched alarms sound to help Soldiers learn when they made a kill or have been shot.

Killed-in-action and wounded Soldiers were picked up by their comrades and taken to a safe place before being medically evacuated.

By training in a situation as realistic as the attack lane, Soldiers who have not been to Iraq learned a little more about what to expect when they deploy. "This teaches me how to clear houses, how to prepare in general for most of the things I will probably see over there," said Pvt. Andrew Smith of Company C, 1st Bn, 34th Armor. "Hopefully (I'm) learning whatever will keep me alive going to Iraq."

"We've got a lot of new Soldiers who've never been to Iraq, so this gives them an idea of what goes on out there. And it keeps your mind fresh, keeps you in shape and keeps you ready for anything that might happen out there," said Sgt. Willie Mabry, also of Co. C.

By training in reality-like scenarios, Soldiers stay aware of and learn some possibilities of what could happen in Iraq, he said.

"Doing raids on houses, you could have people hiding anywhere. People might get calls from other people, knowing that you're on your way, and they could be ready for you," Mabry said.

Armor, Engineer and Infantry Soldiers of the 1st Bde., 1st Inf. Div., prepare to raid a small Iraqi village at Fort Riley's mini-MOUT site as part of their training during Operation Maverick.





Faces, places seen in-country

Capt. Thomas E. Laybourn, commander of Company A, 1st Battalion, 41st Infantry, briefs Col. David Bishop (left), commander, 3rd Brigade Combat Team, Taji, Iraq, left, and Lt. Col. Leopoldo Quintas Jr. (right), commander, Task Force 2-70 Armor, on the progress of construction on the joint Iraqi and U.S. Army forward operating base in Yusifayah, Iraq, on May 14. They later conducted a dismounted patrol through the village of Mulla Fayad. 2nd Bn., 70th Armor/Cecile



100th MPAD/Wester
CAMP TAJI, Iraq – Sgt. Llewellyn D. Ball (right), a lab technician for Company C, 125th Forward Support Battalion, 3rd Brigade, 1st Armored Division, from Junction City, Kan., and Pvt. Matthew J. Pine, a medic with Co. C, from Jonesboro, Ark., analyze a fluid sample at Cobra Troop Clinic.



100th MPAD/Wester
CAMP TAJI, Iraq – Sgt. James Bradford, a training non-commissioned officer for Headquarters and Headquarters Company, 4th Battalion, 1st Field Artillery, 3rd Brigade, 1st Armored Division, checks his e-mail for news from home. Bradford regularly uses the internet at the Freedom Calling and Computer Center to keep in touch with family and friends in Belzoni, Miss.



Command Sgt. Maj. Phillip F. Johndrow, 3rd Brigade Combat Team, and Command Sgt. Maj. Michael R. Mathews Sr., Task Force 2-70 Armor, talk with Soldiers escorting the two units' leaders during a stop at Forward Operating Base St. Joseph in Yusifayah, Iraq, on May 14. 2nd Bn., 70th Armor/Cecile

100th MPAD/Wester
CAMP TAJI, Iraq – Capt. Daniel R. Bauer, brigade surgeon for 3rd Brigade, 1st Armored Division, from Albany, N.Y., consults with a patient at Cobra Troop Clinic. "I have a great staff with a great attitude," Bauer said.



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Survey: Savers shun risks

Lifecycle funds maximize retirement savings

By Gerry J. Gilmore

AFPS

WASHINGTON — Recent surveys show most people contributing to DoD-sponsored thrift savings accounts shun riskier investment options and aren't getting maximum returns to build bigger retirement nest eggs, a DoD thrift savings plan specialist said here April 20.

"The vast majority of participants do not fully take advantage of the Thrift Savings Plan," Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council, told Pentagon Channel and American Forces Press Service reporters.

The Thrift Savings Plan, Fenton explained, is a 401k-type program designed to provide tax-deferred retirement nest eggs for servicemembers and civilian employees. TSP managers have noticed that "very few" participants transfer money out of more stable TSP investment programs into riskier options, she said.

Fenton surmised some participants might be leery of riskier TSP investment options because they have little or no stock market savvy.

However, the new Lifecycle Funds program option slated for

implementation sometime in July will enable TSP participants to have experienced money managers make investment decisions for them according to 10-year plans.

The Lifecycle Funds program "is going to help address the issue of people who want to take advantage of the Thrift Savings Plan but maybe are a little bit intimidated by making investment choices and allocating their participation contributions between all of the various funds," Fenton explained.

Almost half of the total \$140 billion invested in TSP accounts — about \$60 billion — is currently concentrated in the less-risky Government Security Investment, or G fund. The G fund, consisting of treasury bonds and other federal-backed investments, is considered among the most stable of the five TSP investment choices.

An almost equal number of TSP contributions — about \$61 billion — are now placed in the Common Stock Index Investment, or C fund. Yet, she pointed out, riskier options offered by the Fixed Income Index Investment, or F fund; the Small Capitalization Stock Index Investment, or S fund; and the International Stock Index Investment, or I fund, contain far fewer dollars.

Through use of the Lifestyle Fund program "the money is allocated for you amongst the five funds without you having to do anything," Fenton explained. The system "is automatic" and "changes as your time in the military (or government) continues," she said.

For example, Fenton said, typical investments early in a 10-year period would tend to be targeted toward riskier, but higher potential yield, TSP investment options. Investment choices would become more conservative as the end of the 10-year period nears, she added.

And after the current TSP open-season investment choice system ends July 1, participants will be able to change their investment options at any time, Fenton noted.

Some people may feel safer to continue steering their TSP funds to safer investments, Fenton acknowledged.

But "to really leverage your contributions and make the most of the thrift savings plan," Fenton said, "we need to encourage people" to move their money out of more conservative investment options and allocate it among the various funds that indicate potentially higher yields over time.

Chief returning to airborne post

By Jay Baker

Public affairs intern



Post/Baker

Maj. Gen. Dennis Hardy (right), commanding general, 24th Inf. Div. (Mech) and Fort Riley, bids farewell to the division's chief of staff, Col. Michael Okita and his wife, Lynn, following an award and departure ceremony in the foyer of the post headquarters building May 24.

The Fort Riley community gathered in the foyer of the post headquarters May 24 to bid farewell to Col. Michael C. Okita, chief of staff, 24th Infantry Division (Mech) and Fort Riley. Okita leaves the post after one year in his position and will relocate to Fort Bragg, N.C., to serve as the chief of staff for the 82nd Airborne Division.

Maj. General Dennis Hardy, commanding general, 24th Inf. Div. (Mech) and Fort Riley, presented Okita with a Legion of Merit for his exceptionally meritorious service while serving as chief of staff.

Okita graduated from the University of Ohio and was commissioned through the university's ROTC program. Okita's key positions have included a tour of duty as commandant of the airborne school at Fort Bragg.

Okita's wife, Lynn, received the Department of the Army Outstanding Civilian Service Medal for public service that substantially contributed to the Fort Riley community.

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POST SERVICE DIRECTORY



Female gunners protect convoys in Iraq

By Jennifer Fitts

Army News Service

BAGHDAD, Iraq — Three "Humvees" cruised slowly down a Baghdad street, and disinterested neighborhood residents merely glanced at them until one of the turret gunners abruptly shouted and gestured.

Heads snapped around and jaws dropped when the residents heard the sound of female voices and noticed the feminine features of the Soldiers behind the machine guns.

With an increased operations tempo, female Soldiers are stepping up to take on some of the roles traditionally filled by males, such as providing unit and convoy security.

Some units, including military police, are using an increasing number of females for patrols outside the wire (barricaded camps). Despite this, there's often only one female gunner in a particular convoy or patrol at a given time.

What makes Company A, 403rd Civil Affairs Battalion, a New York-based U.S. Army Reserve unit, different is that it doesn't have just one female turret gunner. It has three. In fact, all of the turret gunners for this particular 10-person civil affairs team are females.

"They point, they look, they're very surprised to see females," said Spc. Amanda N. Godlewski, a chemical observation specialist assigned to the civil affairs unit, recounting the reaction many Iraqis have to seeing a woman in the turret.

"They (the Iraqis) used to get really confused," said Spc. Robyn L. Murray, a civil affairs specialist



ANS/Wright
(From left) Spc. Robyn L. Murray, Spc. Amanda N. Godlewski and Spc. Lilly R. Withers perch on top of a "Humvee," ready to provide security for a mission on the streets of Baghdad.

from Niagara Falls, N.Y. "I was the first. I volunteered on the second day we were here."

The civil affairs team that Murray was assigned to needed a gunner who knew how to use a squad automatic weapon. Murray said she jumped at the opportunity to man the machine gun in the turret.

Soon after volunteering to take the gunner's position, Godlewski, from Syracuse, N.Y., said she enjoyed being up on top of the "Humvee," shrugging off the thought of feeling exposed.

Fellow female gunner Spc. Lilly R. Withers, the unit's mechanic, agreed with Murray and Godlewski.

"I wouldn't do anything else,"

she said.

Withers said the reactions from other U.S. Soldiers occasionally mirror the initial confusion of the locals. She said most of the other Soldiers she's encountered are receptive to the idea of female gunners and have voiced their support to her.

"I do get a few questions," Withers said. "The infantry thought it was strange they (the unit) chose to put us on the guns."

The women's presence in the turrets has had a positive effect during their civil affairs missions.

"They turn a lot of heads, civilian and military," said their team

chief, Capt. Timothy H. Wright of Jamestown, N.Y. "They get a positive reaction from the civilian populace."

Withers said Iraqi women have been very friendly toward her and, judging from their reactions and gestures, she feels they are supportive of female Soldiers. She said after the women figure out she's not a man "then, they want to come talk to me, see my eyes and hair," said the blonde Cortland, N.Y., native.

The reactions the female gunners get from the public can be very helpful in stressful situations because they get a lot of attention,

Wright said.

"They get the point across and people listen to their voices," he said.

Wright's 10-person team is larger than a standard civil affairs team. It combines two teams because it often is outside the relative safety of the forward operating base. Venturing outside the wire is something the female gunners accept.

"I get kind of scared sometimes," Withers said, "but I like to be in control to keep my team safe."

"People call us when they need to go somewhere," Wright said.

With mission tempo in full swing, going "somewhere" is merely a moment away. This means that Wright's civil affairs team covers a lot of ground. Patrolling an area that covers nearly 70 square miles, the Soldiers are out on a daily basis, sometimes running more than one mission a day.

"We have the largest operating area in the al-Rashid district," Wright said. "We are helping out in 43 'muhallahs' or towns."

The civil affairs team stays very busy performing such diverse tasks as identifying and assessing needed projects in their area, helping coordinate U.S. Army work efforts with key Iraqi leaders and collecting data on local attitudes.

Wright said the overall positive reactions resulting from the female gunners' presence have contributed to the success of their missions.

Although the civil affairs team may get a few sideways looks at

times, the unit commander has nothing but praise for his female Soldiers.

"I'm proud of them," Wright said. "They listen well and they react when it's needed. They're as motivated and dedicated as any male Soldier I've ever worked with."

Spc. Jennifer Fitts serves with the 100th MPAD.



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Fort Riley Sports & Recreation

Thursday, May 26, 2005

America's Warfighting Center

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Sports news in brief

Garrison golf tourney results

A rain-postponed Garrison Commander's Golf Tournament wrapped up May 20 at Custer Hill Golf Course with the following results:

Championship Flight:

1st place, score 57 (-15 under par): Jay Simpson, Mike Smith, John Stewart and Paul Confer

2nd place, score 61: John Fairman, Dave Gourley, Brad Houtz and Barbara Houtz

3rd place, score 65: Roy Watson, Ed Faiola, Sam Escoc and Gordon Freeman

4th place, score 65: Jim Wasenius, Bob Lowery, Mike Steffens and Chief Darnou-vong

5th place, score 65: David Valoaga, Fran Dinkelkamp and Terry Flynn.

1st Flight:

1st place, score 69: William Sears, William Laughman, Mike Varner and Tony Hohman

2nd place, score 70: Larry Duch, Bill McKale, Dana Lescoe and David Fryman

3rd place, score 71: Larry McGee, Mick McAllister, Charlie Williams and Bill Small

Specialty Prizes:

Closest to Pin No. 2, Al Ferguson; No. 7, Larry Duch; No. 13, Richard Gatz; No. 16, Jay Simpson; Longest drive, Richard Rodriguez

Advice offered prairie runners

Runner Janine Taylor will participate in July's 10-mile Prairie Run at Fort Riley. Based on her experience, she offers the following advice for others training for distance runs:

Establish a goal, such as running for a specific time, just completing the distance or pledging not to walk during the race.

Keep focused on the goal. Write it down and post it on the refrigerator, anything to simply keep the goal in sight.

With an established goal, develop a training plan to meet that goal. (Taylor's plan to train includes speed drills on a track, hill repeats, swimming or other cross-training, weight training, short easy runs, hard runs and long slow runs.)

Taylor incorporated a training plan while preparing for last year's Army 10-Miler. Her dedicated training cut her time by nearly nine minutes, she said.

For tips on training plans, Taylor recommends checking out Runnersworld.com.

She also suggests running in some local races. Upcoming events include:

May 28 – 5 K Festival Run at Hillsboro, Kan. Call (620) 947-3940 for information.

May 29 – 15K and Mile Wichita Memorial Day Runs. Call (316) 721-3628 for information.

May 29 – Kansas City half marathon, Kansas City, Mo. Call (816) 822-9000 for information.

May 30 – 8K and 5K Amy Thompson Runs, Kansas City, Mo. Visit www.amythompson-run.org for more information.

Outdoor Rec hours to change

Fort Riley's Outdoor Recreation Center hours of operation will change May 29 to Sept. 10. The new hours of operation will be 8 a.m. to 5 p.m. Sunday, Monday, Thursday, Friday and Saturday. The center will be closed Tuesday and Wednesday.

For more information, call Carol Alexander at 239-2249.

Undefeated youth rivals compete

By Mike Heronemus
Editor

Two titans of youth soccer lined up for their final game of the spring season May 21 on the fields near Colyer Manor housing area at Fort Riley.

An hour later, both teams left the field just as they had begun – undefeated.

The rivalry between the Bulldogs of Fort Riley and the Blue Dragons of Milford is nearly legend in the post's youth soccer league. The two teams have been trying to beat one another for the past two years. The co-ed teams play two seasons each year, one season in the fall and the other in the spring.

After the final spring game this year, Fort Riley Coach Michael Parker and Milford Coach Gary Weathers declared all the players champions. "No team lost, so everyone's a winner," Weathers proclaimed to the cheers and applause of players and parents of both teams.

The game ended in a 1-1 tie that saw the Blue Dragons' Erika Goodwin score early in the third quarter and maintain that lead until early in the fourth quarter, when the Bulldogs missed a penalty shot on the goalie, then recovered quickly to allow Brigham Parker to score in the corner of the net while players of both teams and the Blue Dragons' goalie were bunched up at the opposite corner.

A last-second attempt by the Bulldogs to score with a headed ball missed the mark and put the Fort Riley team's record at 7-0-1 for the season. They haven't lost a game in the past four seasons.

The Blue Dragons finished the season 6-0-2, scoring a total of 48 goals against a total of three goals by their opponents. Parker congratulated the Blue Dragons on their tough defensive play. "You held



Post/Heronemus
Bulldog Troy Adams (behind ball) battles Milford defender Bryce Stude on his right during the final season game May 21. Other players are (from left) Bulldog Dwayne Sanford and Brandon Draper and John Rodgers of the Blue Dragons.

us to only nine shots on goal," Parker said. "We have averaged 32 shots a game during the season."

The fourth- and fifth-grade Bulldogs have played together the past two years under Parker's coaching. Fort Riley's youth soccer teams are basically comprised of kids living in the same housing area, Parker said. "So I have to take what I get."

What he's gotten is a bunch of kids who meshed well as a team and were lucky enough to get to play together for all four seasons. Parker has 15 Bulldogs on his team roster. A few players have

come and gone, he said, "but I have nine core players" who have been together the whole time.

The team will move with Parker into the middle school grade bracket for the fall season. That bracket is open to kids in sixth, seventh and eighth grades.

The Blue Dragons took the field May 21 with only four fifth-graders, Meadows said. The Blue Dragons' roster includes 16 players, one of them a second-grader and three others third-graders.

Meadows has been coaching and grooming his players for the past 10 seasons and this year's team had only three new players.

Two of his former players, Brittney Draper and Jackie Cline, earned starting

spots on the Junction City High School varsity girls' team and made the regional starting team, he said, even though they were only freshmen.

All the coaches surprised the players after the game with small white soccer balls as mementoes of their efforts and ongoing rivalry. The players were given markers to sign each other's balls.

"The rivalry has sometimes gotten intense," Parker said. "We wanted to do something to remind the kids that it's just a game and to respect each other."

"Get to know each other," Meadows urged as the players passed around their balls and the markers. "You're all terrific players and you're going to be playing together one day."

Blue Dragons

Head Coach Gary Meadows
Asst. Coach Robert Harter
Cassidy Meadows
Memphis Harter
Seth Goodwin
Tracy Daugherty
Jessica Meadows
Taylor Dunphy
Cameron Stude
Tommy Duke
Erika Goodwin
Brandon Draper
John Rodgers
Ammon Borges
John Doll
Sarah Peplinski
Bryce Stude
Tyler Zent

Bulldogs

Head Coach Michael Parker
Asst. Coach Manora Iem
Asst. Coach Dustin Bouton
Dominique Tomlin
William Dotson
Terrance Miller
Sam Wiggins
Emery Turner
Ashley Locklear
Jeremy Fiedler
Nicolas young
Dwayne Sanford
Derrick Swanson
Courtney Lenzer
Rowan Harris
Patricia Counts
Troy Adams
Brigham Parker



Post/Heronemus
Bulldogs Jeremy Fiedler (front) and Rowan Harris run through the parents' congratulatory arch after the May 21 game.



Post/Heronemus
Bulldog Patricia Counts autographs a ball for a Blue Dragon while teammate Courtney Lenzer (behind her) waits to sign.

Air Force men, Navy women win titles

Volleyball teams compete for 2005 Armed Forces crown in Colorado

By Walt Johnson
AFPS

WASHINGTON, D.C. – The Air Force men and the Navy women volleyball teams captured the 2005 Armed Forces Volleyball Championship May 16 at the Fort Carson, Colo., Special Events Center.

Both established themselves as the teams to beat in their respective divisions by posting perfect 3-0 marks after the first half of the tournament.

Morris Davis, Navy women's head coach, said his team kept the same attitude it had coming into

the tournament after it was able to win the first three games.

"We knew from the time we started training camp that it was going to take a lot of hard work to win the championship," he said. "We knew Air Force was a really strong team and we were going to have to make some adjustments, even though we beat them in the first round."

While the Air Force men's team would cruise to the championship, the Navy women's team had to withstand a furious rally by the Air Force women's team to earn its title. Davis said his team's veteran savvy helped them to battle back from what became a titanic struggle

between the Air Force and Navy women's teams.

The championship tournament began with the same match-up that would end the tournament for the women's side, Navy meeting Air Force. Navy dropped the first game to the Air Force 25-21 and then came back to win 25-16, 25-16 and 25-22. It would be Navy's only action of the first day of competition, but it gave them a leg up on succeeding the Army team as women's champions.

In the second game involving women's teams on the first day of action, the Marines defeated the defending champion Army team 25-18, 25-14, 22-25 and 26-24.

The victory for the Marines was significant, because this was the first time in two years the Marines have been able to field a women's team because of service commitments. While they did not have the best team the Marines could have fielded, Marines Coach Peter Cruz said he brought a team determined to be a factor in this year's tournament.

Defeating the defending champions on the first day proved this team was going to have to be taken seriously and it showed the women's half of the tournament would be hotly contested.

The Army team wanted to salvage what had been a disappoint-

ing tournament for them by beating Navy, but the Navy team was just as determined to force the playoff round. Navy defeated the Army team 25-14, 25-16 and 25-12 to set up a playoff with Air Force to settle the title.

With the Air Force men's victory over the Marines, the Army-Navy game was the battle for the silver medal, which each team wanted badly. In what was a hard-fought battle Navy defeated the Army 25-24, 25-19 and 25-22 to capture the silver medal.

Walt Johnson writes for the Colorado Springs Military Newspaper Group.





Sports news in brief

Football camp approaching

The 2005 Kansas State Football Camp for youth June 5-8 on the K-State campus includes intensive instruction from the Wildcat coaching staff.

Campers can participate in a resident plan, which entitles campers to on-campus housing during the camp or in a commuter camp. The resident plan includes room, board and all meals at a cost of \$235. The commuter plan costs \$130 and includes a daily lunch.

Two practice sessions, with many in the KSU stadium, highlight each day's activities. Besides structured practice sessions, campers will have the opportunity to participate in passing league drills, weight training, position meetings and film study.

Check-in for all campers is from noon to 2:30 p.m. June 5 at the Derby Food Center at Manhattan Avenue and Claflin Road.

For registration information, call the K-State football complex at (785) 532-5876.

Youth sports camps slated

Manhattan's Parks and Recreation Department is accepting registrations for the 2005 Little Apple Youth Sports Camps.

The Little Apple Boys Basketball Camp will be June 6-9 at Eisenhower Middle School. Boys in grades three through five are eligible to attend. Sessions are 1:15 to 3:45 p.m. each day.

The Little Apple Volleyball Camp will be June 6-10 at the City Auditorium. Clinics in grades three through five will meet 12:45 to 2:45 p.m. Volleyball campers in grades six and seven will meet from 3 to 5 p.m.

The fee for each camper is \$35. Registration forms are available at the Parks and Recreation Office, 1101 Fremont, or online at www.ci.manhattan.ks.us. For more information, call (785) 587-2757.

'Manhattan 150' includes biking

Manhattan will celebrate its sesquicentennial with a variety of events, including two historical bike tours stretching a total of 93 miles past several historical sites. Ride 150 takes place May 28 and 29 and costs \$15 in advance or \$20 the morning of registration.

Registration will be from 7 to 7:45 a.m. May 28 at the picnic shelter on Poynte in City Park. That day's ride begins at 8 a.m. and ends at 3 p.m. and will travel about 60 miles through southwest Riley County.

Registration May 29 will be from 9 to 9:30 a.m. at the City Park Pavilion. The ride begins at 10 a.m. and travels for about 35 miles through eastern Riley County. The ride ends between 2 and 4 p.m. at the sesquicentennial barbecue site. The barbecue costs \$5.

For more information or to register, visit www.ccelebrate150.org.

Swim lessons set outdoors

Swimming lessons will be given June 13, 14, 16, 17, 19, 20, 22 and 23 at Custer Hill Outdoor Pool. Sign-up begins May 30 at the pool. Cost is \$20 per child.

Classes and lesson times are:

Level A (6 months to 2 years) – 5:30 to 6 p.m.

Level B (18 months to 5 years) – 5 to 5:30 p.m.

Level I – 4:30 to 5 p.m.

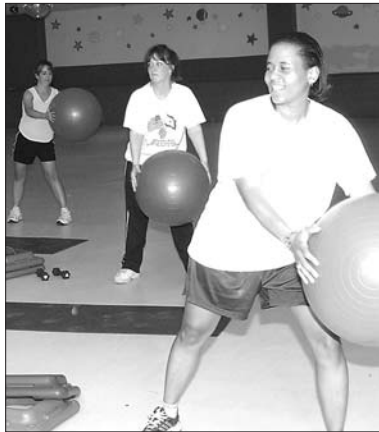
Level II – 9:30 to 10 a.m.

and 4 to 4:30 p.m.

Level III – 10 to 10:30 a.m.

Level IV – 10:30 to 11 a.m.

For more information, call 239-9441 or 239-2172.



Shay Brumfield (front) and other exercisers work on their abs, quads and lower back during a ball exercise at a cardio pump fitness class May 18 at King Field House.

Sports office staff offers free classes

By Jay Baker

Public affairs intern

The Fort Riley Sports Department offered one of its last free fitness classes for May Fitness Month at King Field House May 18. The last class, a water fitness class, is set for May 26.

Ten participants came to King Field House for the cardio pump aerobics class. They used bands, steps and weights to get a "burn and firm workout," said Stacy Toner, fitness specialist at King Field House.

Although the class was free, some participants said they try to come to all the other classes, too. Regular sessions are scheduled throughout each month at the gym.

"I went to a water aerobics

class and it was awesomely fun. I work out just to be healthy," said Diane Hendrickson, a military spouse.

"I'd like to get into better shape for my well-being," said Clessie LeMay.

"I heard about the free classes while working out in the Nautilus room. Last week, I was the only guy here, but that doesn't bother me. I really enjoy the class," said Spc. Johnny Dorsey, a military policeman assigned to the 523rd Military Police Detachment.

For more information about Sports Department fitness classes at King Field House, call 239-3146.

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1x1.5 prairie hawk t f dj 2225

OPHTHALMIC MANAGEMENT COMPANY
2 x 4.5'
Black Only
2x4.5 Opth Mgmt #1 2492 ml

JC MORTGAGE COMPANY
2 x 4.5'
Black Only
2x4.5 JC Mortg 5/27 3128 ml

JL MEDIA

3 x 10"

3x10 RED Alco

CHARTER COMMUNICATIONS- THAYER
3 x 10.5"
Black only
3x10.5 ChartzKDeal 5/27 1806



Fort Riley Community Life

Thursday, May 26, 2005

America's Warfighting Center

Page 15

Community news briefly

'Bail money' sought for group

Kidnapping Kelly, aka Stacy Vargo and Stapler Bob, aka Capt. John Hill, go to jail in front of the Main PX between 10:30 a.m. and 3:30 p.m. June 4. Each "criminal" will be trying to bribe passersby for bail money, seeking release from jail after posting the \$1,000 bail that will go to the Company B, 1st Battalion, 16th Infantry, Family Readiness Group.

Both prisoners have smuggled three prizes into their cells and will thank each contributor to their bail fund with a chance at winning one of the three prizes. One grand prize also will be given away.

Super soakers will be on hand for anyone wishing to "torture" the unfortunate inmates.

Memory albums project offered

Spouse activity day at the Soldier and Family Support Center from noon to 3 p.m. June 13 will include a Soldier Memory Album project designed to be a perfect gift for returning Soldiers and for Father's Day.

Free childcare is provided for families of deployed Soldiers and refreshments will be served.

A two-part workshop on stress management and relaxation is planned for spouse activity day June 27. A presentation on stress management techniques will be followed by a yoga and relaxation demonstration. Participants should wear comfortable clothing and bring a large towel. Healthy snacks will be served.

VA reps to talk with wounded

The Wounded Soldier's Outreach and Support group will meet at 6 p.m. June 7 at Riley's Conference Center.

Free dinner and childcare will be provided for any wounded Soldier and their family members. Veterans Administration representatives will speak to the group about VA benefits for wounded Soldiers.

Red Cross seeks youth

The American Red Cross summer volunteer program for youth ages 13 to 18 years old will begin June 1. Applications may be picked up at the American Red Cross office in Building 7264, the Soldier and Family Support Center.

For more information, call 239-1887.

Crafts center class posted

May 31 - 6:30 to 8:30 p.m., wood class - picnic table
For more information, call 239-9205.

Youth services activities set

June 1 - 8 a.m. to 5:45 p.m., Science City Trip, Kindergarten

June 1 - 8:30 a.m. to 1 p.m., Alma Creamery Trip, Grades 3-5

June 4 - 10 a.m. to 1 p.m., free childcare for children of deployed Soldiers

For more information, call 239-9173.

Local school wins prestigious award

Jay Baker

Public affairs intern

In school year 1999-2000, 50 percent of the students at Ware Elementary School ranked less than proficient in standardized reading and math assessments. The school had 240 suspensions that year and was under state sanctions for not meeting various standards set by the Kansas State

Department of Education.

Five years later, the school is one of six from across the country honored for significant improvement in student performance.

Principal Deb Gustafson accepted the 2005 National School Change Award in a ceremony in the school's gymnasium May 18.

Representatives from the American Association of School Administrators and the Fordham

University Graduate School of Education presented the award recognizing the school's change from an underperforming school to a model school.

"We are very excited about the award. It brings recognition for our teachers and the children who deserve it. The award means that we can meet our goals and hard work pays off," Gustafson said.

In 1999, a year before Gustafson arrived at the school,

there wasn't a clear vision or goals for teachers or administrators to follow, Gustafson said. The result was poor work relationships. The turnaround is mostly due to one thing, she said. "We looked at the (child education) research, involved everyone in the decision making and implemented the actions."

"We preface our choice by asking ourselves, 'what's best for the student's learning,'" Gustafson

said.

Compared to the assessments five years ago, 98 percent of the students assessed now read above the proficient level and 100 percent are above proficient in math, she said.

Ware Elementary was the only Kansas school to earn the award. Havencross Elementary School in Olathe, Kan., earned the award in

See Ware, Page 16

Ethnic gifts

Post celebrates Asian Pacific heritage

By Jay Baker

Public affairs intern

"The hard work of Asian Americans, like all other Americans, help make the country great," said the guest speaker at the May 18 Fort Riley observance of Asian Pacific Heritage Month.

Stepping behind the podium, 24th Infantry Division Command Sgt. Major Gilbert Canuela greeted the audience in several Asian Pacific languages, and then talked to the assembled Soldiers and Army civilians attending the annual observance at Riley's Conference Center about the contributions Asian Pacific Americans have made to the country and world.

"America has sent Asian Pacific Americans into space. They have won the Nobel Peace Prize. They have designed national monuments, and America has Asian American athletes in professional football, basketball and golf," Canuela said.

Speaking about his own life, Canuela pointed out that "only in America can a boy from the Philippines... who talked to a lot of Vietnam veterans in the Philippines, get to lead great Americans here today."

After Canuela's remarks, the audience was treated with ethnic dancing and food. Two children danced the Tinkling, commonly known as the Bamboo Dance. The dance imitates the movement of the Tinkling bird as it dodges bamboo traps set by rice farmers.

The dance requires dancers to move with grace, skill and speed as they step between large bamboo poles being clapped together and on the floor in rhythm with the music.

Marie Quiroz and her brother, Ronald, performed the Bamboo Dance after a month of practice.

"I like the Bamboo Dance the best because it's the most difficult," Marie said.



10th MPAD/Wesley

Ethnic dance

Pvt. Techi Martin, a clerk for HHC, 3rd Bde, 1st Armored Div., dances as a member of the Taji Freedom Dancers during the Asian Pacific Heritage Celebration at Camp Taji May 14.

At left: Marie Quiroz and her brother, Ronald, perform the Bamboo Dance during the Asian-Pacific Heritage observance program at May 18.

Post/Baker

Law affects life insurance policy

By Donna Miles

AFPS

WASHINGTON, D.C. - Defense and Veterans Affairs officials are ironing out details of pro-

grams that will expand benefits provided through Servicemembers' Group Life Insurance.

The \$82 billion supplemental legislation signed into law by President Bush May 11 increases maximum SGLI coverage to \$400,000

and provides payouts of up to \$100,000 for servicemembers with traumatic injuries, explained Stephen Wurtz, the VA's deputy assistant director for insurance.

The increased SGLI coverage will take effect Sept. 1, and the so-

called "traumatic SGLI" benefit, Dec. 1. Wurtz said the legislation directs that both benefits will be retroactive to Oct. 7, 2001.

Traumatic SGLI benefits will be retroactive for troops who have lost limbs, eyesight or speech or

received other traumatic injuries as a direct result of injuries received during Operation Iraqi Freedom or Operation Enduring Freedom. The benefit does not apply to service-

See SGLI, Page 18

Marriage and Military Life

Abused spouse afraid to report husband's actions

By Gene-Thomas Gomulka

Retired Navy Chaplain

Dear Gene-Thomas, My husband is abusive and it's taking a toll on me and our two children. At the same time, however, I'm hesitant to report him because I'm afraid he will be discharged and we'll suffer even more. What should I do?

- Abused and afraid

Dear Abused and afraid, I deeply regret you are experiencing abuse and I commend you for writing me. There are both

military and civilian organizations that can provide you and your family with assistance during this time in your life. In addition to helping you make informed choices about your particular situation, these organizations also offer medical and mental health services, provide shelter, food and utility payments.

About 20 percent of all women report having been assaulted by an intimate partner in their lifetime with the vast majority still unreported. Why do so many people tolerate abuse? Research indicates the bond

About the author

Gene-Thomas Gomulka is a retired Navy chaplain and author of "The Survival Guide for Marriage in the Military," available at www.plaintec.net

Have a question? Write Gene-Thomas at letters@plaintec.net



that exists between the abuser and his or her victim is often strong and can move the victim to stay with the abuser when the need to run for safety is blatantly

obvious to everyone but the victim.

The investment that one has made in the relationship directly affects the ability to recognize

the negative or threatening aspects of the association. Many victims are financially dependent on the abuser and find themselves unable to pay their own way, or they may believe they can't make it in life without the other's physical and financial support. Many also have allowed an abusive relationship to stay hidden from family and friends in an effort not to embarrass themselves or their abuser. Some abused individuals with children keep quiet so as not to harm their family reputation or

See Marriage, Page 18





Community news briefly

Library program opens pages

The Fort Riley Post Library's Youth Summer Reading Program will offer six weeks of fun reading activities. Children from 2 years old through eighth grade can sign up at the library to participate from May 27 through June 4.

Sign-up is from 11 a.m. to 6 p.m. Tuesday through Saturday and from noon to 5 p.m. on Sunday. Parents should accompany their children to sign up.

Young readers will receive prizes and certificates as they meet reading goals while enjoying their favorite books.

Children from 2 years old to second grade are invited to a storytime, snack and a take-home craft at 1:30 p.m. every Saturday. Attending a storytime counts towards meeting goals for the younger "readers."

Children from third grade through eighth grade are invited to a "brown bag story" at noon on Saturdays. Listeners will hear "Surviving the Applewhites" by Stephanie S. Tolan. "Surviving the Applewhites" is the hilarious story of a young boy who finds acceptance with his artistic but eccentric new foster family. The book won the Newberry Honor Book and William Allen White awards. Listeners should bring their lunch to eat during the story. Drinks will be provided.

The library is located in Building 5306 on Custer Hill. For more information, call Ashley Griffith or Victoria Martin at 239-5305.

Teen Center trip scheduled

June 4 - Worlds of Fun Trip
For more information, call the Teen Center at 239-9222.

School district honors retirees

Fourteen Geary County Unified School District 475 employees, including seven at Fort Riley schools, were honored by the Board of Education May 23 in the Shenk Gymnasium at

Junction City High School. Together, the retirees had spent 437 years serving the district's education needs.

Fort Riley retirees were:
Theresa Albrecht, Fort Riley Middle School science teacher - 39 years;

Pat Crosby, FRMS language arts - 34 years;

Nancy Echevarria, school nurse at Custer Hill, Jefferson and Morris Hill - 22 years;

Myrna Williams, FRMS math teacher - 31 years;

Henrietta Withee, school nurse at Fort Riley Elementary and Middle School - 32 years;

Sandy Wong, Custer Hill Elementary School vocal music teacher - 32 years;

Vic Wong, FRMS band director - 30 years.

Knitting classes offered at center

Knitting is gaining a reputation as the "new red, hot hobby." Movie stars like Cameron Diaz, Nicole Kidman and Julia Roberts are said to knit between scenes on their movie sets.

Knitting is popping up on TV, too. Check out Tyne Daly on "Judging Amy." Sarah Jessica Parker of "Sex and the City" is a knitter. A contestant on "The Bachelor" knits to relax.

Guys are knitting, too. Golf club head covers are a popular project.

Every Monday at 7 p.m., arts and crafts center patrons can learn all the basics of knitting. The class instructor has been teaching knitting, crocheting and quilting for more than 17 years and has enjoyed the hobby throughout her life. The class is free and patrons can come as often as they like.

For more information, call the crafts center at 239-9205.

Rally Point events listed

May 27, June 3 - 5 to 8 p.m., family night with family-friendly movie, music and buffet

June 1 - 5 to 9 p.m., Wednesday Wing Night
For more information, call 784-5434.

Latest 'Star Wars' premiers in Iraq

By Heatherann Bozeman
AAFES

The past few days, "Star Wars" fans around the world filled theaters for the premiere of "Episode III - Revenge of the Sith," including Soldiers deployed to Iraq.

The Army and Air Force Exchange Service's Sustainer theater in Balad, Iraq, ensured that more than 1,000 deployed "Stars Wars" fans didn't miss out on the long-anticipated premiere of the newest and final episode in the saga. All of the air conditioned theater's 740 seats were filled for all three May 18 screenings of the "Revenge of the Sith."

Staff Sgt. William Stearns, who grew up watching the "Star Wars" epic unfold and dreaming of being in the Army didn't want to miss the premier of his favorite story, nearly 30 years in the making.

"It's my usual day off and I've been here since 11 to make sure I have a good seat," Stearns said. "I thought I might miss it, being here in Iraq."

"I got really lucky because today is my day off and we just came off a two-week mission," said Sgt. Jason Richardson. "It's great to get a breather and seeing the movie just tops it off."

Many Soldiers, like Stearns and Richardson, were anticipating the "Revenge of the Sith" opening. Others just happened to drive up on mission. "We took a four-hour convoy from Ramadi last night and being here is like R&R. [They] have a swimming pool. "Star Wars" premiering and a 24-hour PX," said Staff Sgt. Joseph Danielson. "You can't beat it; it's good for me and these guys."

Actor Dean Cain, who is touring Iraq to motivate the troops, was in the audience for the Operation

Iraqi Freedom premiere. "The troops deserve to see it here in Iraq," he said. "Seeing the show with them was a surreal experience, especially during the fight scenes when the GIs hoot and holler. I think the troops didn't seem to like the politics, but Yoda kicked ass."

Throughout the movie, the cheers for Yoda and his incredible light saber tactics proved him the undeniable hero of the film." The crazy sick fights and Yoda were the best," said Spc. John Delacruz.

AAFES also worked with Lucasfilms Twentieth Century Fox to offer a free screening of "Revenge of the Sith," to deploying Soldiers of the 69th Signal Company at Fort Huachuca, Ariz. The Fort Huachuca screening took place one full week before the movie's theatrical premiere, May 19.

"It was very considerate of these folks to show us the movie, because we will be downrange when it comes out, with no way to see it," said Pfc. Richard Level of the 69th Sig. Co.

PATRICIA'S UNDERCOVER
1 x 1.5"
Black Only
1x1.5 Patricia's 04/08 0992

SALINA POWERSPORT
3 x 2.5"
Black Only
3x2.5 Salina Power

PRIME TIME FITNESS CLUB
1 x 1"
Black Only
1X1 PrimeTime 4/17 1751

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4 x 10.5"
Black Only
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Ware Elementary School students celebrate the positive changes the school has undergone over the past five years during the National School Change Award ceremony May 18. The award is based on a school's change in its approach to teaching.
Post/Baker

Ware continued from page 15

2003:

Lew Smith, one of the creators and the director of the award at Fordham University, gathers data on the schools' yearly progress to determine which schools sustain their positive results.

"The school wins a \$5,000

grant and the principal attends a national awards ceremony and shares her story with other principals," Smith said.

"I'm gathering the data from all the award-winning schools and will be including it a book I'm writing," he said.

MANHATTAN SHOE REPAIR
1 x 2"
Black Only
1x2 shoe repair 2312 dj

MANHATTAN CARPET & FLOOR STORE
1 x 2"
Black Only
1X2 Man Carpet & Floor 4/28

KANSAS PRESS
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Black Only
Galamba/5-24, 5-25 & 5-27

SETH CHILD CINEMAS
2 x 5.5"
Black Only
2X5.5 Camille/Seth May TF ml





17 students receive scholarships

Assistance totals \$16,100

By Mike Heronemus
Editor

Seventeen Fort Riley people got some help paying for their education at a ceremony May 17 at Riley's Conference Center.

Assistance ranging from \$500 to \$2,000 was presented by the post's combined scholarship committee to spouses, vocational-technical students, high school graduates and college students. This year's scholarships totaled \$16,100, said Shawn Sticca, who leaves her post as committee chairman after three years on the committee.

David Lachut, this year's valedictorian at Junction City High School, received the largest scholarship presented at the ceremony. He will use his \$2,000 to attend the University of Arkansas. He has not decided on a major.

Jessica Dunderdale said her \$500 is the first scholarship she's every tried to obtain. "I was so excited, I couldn't think," she said about learning that her application had been accepted and she would receive a scholarship.

Dunderdale said she will use the money to help her pursue business administration courses at the Manhattan Area Technical College. She is enrolled there, using her G.I. Bill benefits to go back to school. "I wanted to start there because it's been so long since I've been in school. I wanted to make sure I could ease back in," she said.

Candice Simpson, a military spouse, said she was surprised she had been granted an \$800 scholarship. She already is a nurse but is advancing her education at Northwestern State University. "They say your chance of getting a

scholarship is slim if you're already a nurse," she said, "but I received one before."

Val Converse, spouse of a retired Soldier, was beaming after the presentations. Her children, Brandon and Lindsey, had received scholarships worth \$1,500 and \$700, respectively. Brandon is an industrial engineering student at Kansas State University and Lindsey is studying kinesiology in the pre-physician assistant program at K-State.

The post scholarship program is "extremely important" to the community, Val Converse said. "It gives back to the military dependents and is an incentive" to get more kids into college, she said.

The funds used for the scholarships come from profits made by the Enlisted Spouses' Club and Officers' and Civilians' Spouses' Club fall crafts fair, as well as from contributions by post and local associations and businesses, Sticca said.



Post/Heronemus

Scholarship recipients Brandon Converse (center) and Lindsey Converse (second from right) talk with Kirsten Davis (left) and Suzy Davis (second from left) and their mother, Val Converse, during the reception following presentation of the Fort Riley scholarships May 17 at Riley's Conference Center. Brandon received a scholarship for \$1,500 and his sister, Lindsey, received a scholarship for \$700.

Scholarship recipients

Spouses

Angelia Brinneman, \$1,200
Maribel Rodriguez, \$800
Candice Simpson, \$800

Vo-Tech students

Margo Braly, \$800
Jessica Dunderdale, \$500

High school grads

David Lachut, \$2,000
Brianna Reed, \$1,500
Derek Bembry, \$1,200
Calvin Jones II, \$1,000
Kathryn Davis, \$800

College students

Brandon Converse, \$1,500
Mardell Maxwell, \$1,000
Jason Butler, \$800
Lindsey Converse, \$700
Alyssa Lehr, \$500
Ashley Westmeyer, \$500
Emily Beck, \$500

Know of some Fort Riley individual who has earned special recognition or achieved some unique goal? Call the editor at 239-8854. Let's talk.

COLLEGE HEIGHTS BAPTIST CHURCH
2 x 2"
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2X2 Coll Heights May TP 2375

SCREEN MACHINE
2 x 2"
Black Only
2X2 Screen Mach May TP ml

DAILY UNION
4 x 5"
Black Only
4X5 DU Monica 5/27

PARAMOUNT-ARMED FORCES
6 x 10.5"
Black Only
#554014/The Longest Yard



'Extreme Makeover' builds home for fallen Soldier's parents, kids

By Donna Miles
AFPS

WASHINGTON, D.C. — ABC's hit TV program "Extreme Makeover: Home Edition" featured the show's design team May 20 building and furnishing a new home for the family of a Soldier killed in Operation Iraqi Freedom.

The family of Army Pfc. Lori Piestewa, a Soldier who died during the opening days of the Iraqi war, recently took ownership of a new \$500,000 house north of Flagstaff, Ariz., that resulted from the effort.

A team from the Extreme Makeover program designed the home and furnished it in a southwestern motif. A two-hour season

finale aired May 22 and featured the construction of the home for Terry and Percy Piestewa, Lori's parents, and her two children.

The program staff also arranged the construction of a center for Native American veterans in Tuba City, Ariz., Piestewa's hometown.

Former Army Pfc. Jessica Lynch nominated Lori's family to receive the home, according to Diane Korman, coordinating producer for the program.

Lynch and Piestewa served together in the 507th Maintenance Company and were part of a convoy navigating through southern Iraq when it took a wrong turn and got ambushed by Iraqi troops in March 2003. Piestewa died of injuries received in the skirmish.

Korman said the staff "was touched" when Lynch contacted them and described her best friend and "the sacrifices Lori made, not only for her country, but also for her family."

Piestewa had dreamed of saving money to build her family a new home near Flagstaff, but never lived to see it through, Korman

said Lynch told her. "It touched our hearts and souls," Korman said. "We just couldn't say no."

Korman said that in helping the Piestewa family, the Extreme Makeover staff hoped to send a message of support to all members of the military. "As we honor them, we honor all veterans who have served in all wars," she said.

SGLI continued from page 15

members suffering from disease.

The retroactive coverage increase is payable as a result of deaths in either operation or under other conditions prescribed by the secretary of defense, Wurtz said.

Servicemembers enrolled in the SGLI program will notice an increase in their premiums when the increases take effect. The traumatic SGLI benefit will be rolled into the basic SGLI program and will likely cost about \$1 a month, Wurtz said.

Troops opting for maximum SGLI coverage — \$400,000 vs. the current \$250,000 — will see their monthly premiums increase from \$16.25 to \$26, Wurtz said. This is based on the rate of 6.5 cents per \$1,000 of insurance coverage.

SGLI coverage is currently available in \$10,000 increments, but as of Sept. 1, the increments will increase to \$50,000.

Because the rates have not changed, servicemembers who retain \$250,000 or less coverage

will see no increase in their premiums, Wurtz said, except for the \$1 "traumatic SGLI" premium.

In a new twist introduced through the supplemental legislation, troops with dependents must get their spouse's approval to purchase less than the full amount of SGLI coverage. I

n the case of members who are not married, notice will be provided to the designated beneficiary when the member purchases less than the maximum coverage.

The new traumatic SGLI benefit is designed to provide "a quick infusion of cash" for cash-strapped families of troops recuperating from traumatic injuries received in the line of duty, Wurtz said.

Compensation will range from \$25,000 to \$100,000, and is designed to help families of severely wounded troops leave their homes and jobs to be with their loved one during recovery. "These families incur a lot of expenses, and this is designed to help them financially," he said.

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Marriage

continued from page 15

impact the stability of their family. In so doing, they forget that by allowing one's self to be abused in front of one's children only paves the way for further victimization.

Allowing abuse to go on in a family also sets a negative example that children may follow.

What do I and many counselors recommend that you and others involved in an abusive relationship should do?

One, understand that an abusive individual will continue to abuse you until you stop him or her from doing so, even if it requires you to emotionally and physically separate yourself from your abuser.

Two, don't allow your abuser to separate you from your contact with family and friends. They are your support system and you need them to help you maintain a healthy frame of reference concerning your life, your relationship and the world.

Three, if there are children in your family who are also victims or witnesses of abuse, you need to remain supportive and not put even more stress, pressure and guilt on these abused family members.

Four, an abuser can change, but he or she must want to change; and the longer he is allowed to abuse, the less likely he is to alter his behavior.

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Travel & Fun in Kansas

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America's Warfighting Center

Thursday, May 26, 2005

Leisuretime ideas

At the movies:

The Barlow Theater doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under age 5 are free except during children's matinees or expected sell-outs.

May 26 – The Upside of Anger (R)
May 27, 29 – Sahara (2005) (PG-13)

May 28 – 2 p.m., Madagascar (G). This is a free screening from the Distributors. Tickets are available at all PX facilities while they last. If you cannot get a ticket, the theater will be open to the public at 6:45 p.m. to admit others until the theater is full.

May 28, June 2 – King's Ransom (PG-13)
June 3, 5 – Amityville Horror (R)

June 4, 9 – A Lot Like Love (PG-13)

June 10, 12 – The Hitchhiker's Guide to the Galaxy (PG)
June 11, 16 – The Interpreter (PG-13)

June 17, 19 – House of Wax (R)

June 18, 23 – XXX: State of The Union (PG-13)

For more information, call 784-2226 or 784-2640.

Kansas City:

What: Abdallah Shrine Rodeo. PRCA rodeo, car show, craft show, and carnival midway.

When: May 26-28
Where: 1405 M 98th St.
Phone: (913) 362-5300
Admission: Varies

What: Woodlands Great American Greyhound Futurity. Greyhounds from across America compete in the world's richest Greyhound race. One of the premier events in the greyhound industry.

When: 11 a.m. to 5 p.m. May 30

Where: 9700 Leavenworth Road, Woodlands
Phone: (913) 299-9797 or (800) 695-7223
Admission: Free

Topeka:

What: "Affections of May." Topeka Civic Theatre performance.

When: Dinner at 6 p.m., show at 8 p.m. May 27 through June 18

Where: 3028 SW 8th Avenue, Topeka Civic Theatre & Academy
Phone: (785) 357-5211
Admission: Show \$18; Dinner \$16

What: Topeka Jazz Festival. Three days of world-class artists playing incredible straight-ahead jazz. Master class for high school students.

When: 4:30 to 9 p.m. May 27; 11 a.m. to midnight May 28; 11 a.m. to midnight May 29; 11 a.m. to 7:30 p.m. May 30

Where: 214 SE 8th Avenue, Topeka Performing Arts Center
Phone: (785) 234-2787
Admission: Varies

What: Heartland Military Days. WWII comes to life with re-enactors and authentic military hardware and vehicles. Commemoration of D-Day events with mock battles.

When: 5 to 9 p.m. June 3 (camp set-up); 7:30 a.m. to 4 p.m. June 4 (re-enactments)

Where: 6700 S. Topeka Boulevard, Kansas National Guard Museum
Phone: (785) 862-1020
Admission: Free

What: Mulvane Mountain/Plains Art Fair. 13th annual juried art fair, featuring 90 artists from across the United States representing all mediums of fine art, continuous entertainment, supervised children's tent, food court, and Mulvane art education exhibits.

When: 10 a.m. to 6 p.m. June 4 and 10 a.m. to 4 p.m. June 5

Where: 18th and Washburn, Washburn University Campus
Phone: (785) 231-1124
Admission: \$4 at the gate

Holton:

What: Glory Days Festival and Car Show. Pancake breakfast, car show, parade, crafts, concessions, and games for kids. Small town Memorial Day celebration.

When: 9 a.m. to 4 p.m. May 28

Where: Courtyard, downtown

Phone: (785) 364-3963
Admission: Free

Atchison:

What: Antique Airplane Fly-in. Static display of vintage aircraft in hometown of Amelia Earhart.

When: 9 a.m. to 4 p.m. May 29

Where: 2 miles west on U.S. Highway 73

Phone: (913) 367-2427 or (800) 234-1854
Admission: \$3

Waterville:

What: Wooden Nickel Day. Games for all ages, beer garden, car show, and parade.

When: 11 a.m. to 3 p.m. May 28

Where: Commercial Street
Phone: (785) 363-2515
Admission: Free

Manhattan:

What: Celebrate 150! Festival. Entertainment/music in City Park will include storytellers, K-State still walkers, live music/bands/artists, the Fort Riley's Mounted Color Guard, 1860 Campsite with reenactors, Reggie Moray-Nicodemus settlement and Buffalo Soldiers, and the Saturday night Grand Finale includes lots of fireworks.

When: June 3-5
Where: City Park
Phone: (785) 776-8829
Admission: Free

Strong City:

What: Flint Hills Rodeo. 68th annual. PRCA sanctioned rodeo. The oldest rodeo in Kansas.

When: 8 p.m. June 3-4, 2 p.m. June 5

Where: Flint Hills Rodeo Grounds
Phone: (620) 273-6480
Admission: \$9-\$12

Marysville:

What: Car Show. Great cars, poker run, evening cruise, and dance with live band.

When: 9 a.m. to midnight June 4

Where: Downtown, Main Street, Marysville
Phone: (785) 353-2221
Admission: Free

Washington:

What: Swap Meet and Tractor Show. Antique tractors, antiques, collectibles, car races, toy and buckle show, parade, musical entertainment, historical demonstrations, tractor pull, games, and crafts.

When: 8 a.m. to 8 p.m. June 4; 10 a.m. to 4 p.m. June 5

Where: City Park
Phone: (785) 325-2720
Admission: Free

Hutchinson:

What: Central Kansas Powered Parachute Fly-in. Powered parachutes are an awesome sight on the horizon. Instructional flights available. Fee for instructional flights.

When: 6 a.m. to dusk May 27-29

Where: 3612 S. Mohawk Road
Phone: (620) 662-5507
Admission: Free

Salina hosts annual River Fest

Staff report

Humanity in all its artistic forms converges on Oakdale Park in Salina June 9-12 for the annual Smoky Hill River Festival. The festival combines music, entertainment, fine art, crafts and kids activities that promise a memorable family outing.

The party begins with the Festival Jam at 6 p.m. June 9. This year, 16 bands are set to perform during the Jam, changing the musical style on stage every 15 minutes from country to jazz, from classical and a cappella to reggae, and from fusion to the blues.

Also on the festival's musical program is The Fabulous Motown Revue on the Oakdale stage at 8:30 p.m. June 10, Bobby Layne and His Orchestra playing big band sounds beginning at 7 p.m. in the Bicentennial Center June 10 and renowned mandolin stylist Sam Bush on the Oakdale stage beginning at 8:30 p.m. June 10.

Two national competitions will bring 150 exhibitors to the festival's fine art show and Four Rivers Craft Market. The fine art show is scheduled June 11-12 and has 93 artists from 29 states entered in the competition. More than 50 regional and national exhibitors will show their work at the craft market June 11 and 12. Nine craftsmen will demonstrate their skills in torch-cut wall hangings and jewelry, pine needle basketry, wheel-thrown pottery, glass bead making, hand-carved shore birds, glass marbles and hand-painted antique replica signs June 10-12.

For the kids, the festival again provides some of its most popular features, plus new activities: Crazy Caps, Fuzzy Wuzzies, Jingle Rings, Thrilling Quilling, Ojos de Dios and Create an Impression.

Booked for the Children's Stage the Eulenspiegel Puppet Company, Japanese Culture of Taiko drumming, Richard Renner the Vodvill Clown and his robot Robbie, and the return of Mud Bay Jugglers from the Seattle area.

If you're hungry, there's plenty to choose from: chicken etoufee, Snicker Doodle brownies, buffalo burgers, root beer creamers, smothered sandwiches, deep fried catfish, peach cobbler, pineapple fluff, red beans and rice, homemade vanilla ice cream, Indian fry bread, bratwurst, blooming onions, funnel cakes with strawberry topping, cinnamon flavored kettle corn and a whole feast more.

For the athletic individual, the 26th running of the festival's five-mile, two-mile, children's road races and two-mile walk begins at 7:45 a.m. June 11 at Kenwood Park.



River Fest photo

A variety of activities are available for children to participate in, including beadwork. In addition to traditional activities, several new events have been added to the festival.



River Fest photo

Brightly colored sand sculptures will show off craftsmans' skills.

If you go:

Festival gates open at 9 a.m. June 9-12.

Admission: \$8 at the gate or with a festival button purchased in advance. Buttons cost \$6 (must be bought before 1 p.m. June 9) and can be ordered by mail, plus \$1 handling charge, payable to the Smoky Hill River Festival, P.O. Box 2181, Salina, KS 67402-2181 or via Internet at www.riverfestival.com.

For more information, call (785) 309-5770.



This jazz combo is one of the bands that will perform at the festival beginning June 9. River Fest photo

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